



## **IT'S OK TO GRIEVE, LET'S TALK: AN OPEN DISCUSSION FOR MEN LIVING WITH LOSS**

**AN ONLINE DISCUSSION VIA ZOOM**

**Open to men nationwide that have lost a spouse or partner to breast, ovarian or gynecological cancer. This includes all men who have experienced loss, regardless of how much time has gone by.**

**Pre-registration required. Call 914-962-6402 or 800-532-4290 no later than 5 pm NY time on November 15.**

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**TUESDAY, NOVEMBER 16 , 2021  
7 – 8 PM (NY TIME)**

It is never possible to prepare yourself for the loss of a spouse or partner. Learning how to cope with the grief and the impact on your life is hard to do alone. Speaking with others who've also been through it is an excellent way to learn and feel less alone.

Our facilitator will lead the discussion and address the following topics:

- There is no one way to grieve: no right way, and no wrong way.
- Understanding the challenges and uncertainties that accompany loss.
- Dealing with unexpected “trigger points” and reminders.
- Coping with loneliness.
- Giving yourself permission to move forward.

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